



5 Killer Fat Loss Workouts for Busy People

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For years the fat loss boffins have been telling us that long slow exercise at moderate intensity burns more fat than high intensity exercise. The problem is that this is only half the story. Low intensity exercise is boring, not that great for your fitness and doesn't burn as many total calories as high intensity intervals and tougher workouts.

The other problem is that most people I train need to get their workout done in under an hour and preferably even quicker.

So let's cut the slow boring stuff out of fat loss and get to the real deal with my top 5 fat loss workouts for real people with jobs and kids and stuff.

1. Kettlebell interval workouts

This simple kettlebell fat loss workout will get you in top cardio shape in as little as 20 minutes 3x a week and I've had clients lose over 20kg with this as the base for their fat loss program.

Simply pick a kettlebell ballistic exercise such as swings, snatches or clean and jerks and a recovery activity such as skipping, jogging or shadow boxing.

Now alternate 10-20 reps of the kettlebell drill with 1-2 minutes of the recovery activity and continue for 15-20 minutes. The aim is to push your heart rate up during the kettlebell exercises and recover (but not rest) during the other activity.

2. Crossfit circuits

The undisputed kings of the smoking circuit workout are the crew from www.crossfit.com . Try one of the following workouts next time you are in the gym. These workouts develop strength and endurance and are great for fat loss.

A. 3 rounds as quickly as possible

Row 500m

15 front squat to overhead press with 40kg (scale down if required)

15 chinups

B. 3 rounds as quickly as possible

Run 800m

50 situps

50 pushups

(If you like these workouts come join us for a training session at www.crossfitsydney.com.au)

3. Tabata intervals

If you are really short on time then the following method will allow you to build a workout in 4 minute blocks. It might sound easy but be warned these workouts are very tough if you do them right!

These workouts are derived from research done by a Japanese researcher called Dr Izumi Tabata who wanted to test the theory that short intense bouts of exercise could be as effective as long slow bouts of exercise for developing cardio fitness.

Try a few and see what YOU think!

Tabata intervals are 20 seconds working as hard as you can at a given exercise followed by 10 seconds of rest, repeated 8 times to give 4 minute blocks of exercise. The aim is to complete as many reps as possible in each 20 second interval.

Pick 1-5 exercises from the list below and complete 8 intervals of each exercise. Initially you may rest 1-2 minutes between 4 minute blocks but the aim is to eventually to do 5 x 4 minute blocks without any rest.

Exercises

Dumbbell or kettlebell swings

Dumbbell or kettlebell snatches

Front squat to overhead press with 20-30kg

Burpees
Unweighted squats
Pushups
Sprints
Rowing on a C2 rower
Heavy bag boxing
Front squats
Unweighted squats with the rest in the bottom position
Situps

4. Indoor rowing

If you go to the gym regularly chances are you've seen lots of people plodding away on treadmills, reading trash magazines on recumbent bikes and generally wasting their time on cross trainers while the single best piece of cardio equipment in the place lies neglected in a corner.

No one likes rowing because if you do it properly it's damn hard work. You should learn to love it because it's easily one of the best cardio and total body workouts of all time.

For a start look up some websites on rowing technique, the key is big powerful strokes at a reasonable rate. Too many beginners try to go faster by doing 40 strokes a minute, pros row at 18-25 strokes unless they are racing.

Second – set the resistance to a moderate level, this will help with your technique and that leads to a better workout.

Try the following series of workouts over the course of a week.

1. Row 2000m as fast as possible – this is your benchmark, under 7:00 for men and under 7:30 for women is a good goal to aim for but you probably won't even come close on your first attempt.
2. Row 3 x 1000m intervals with 2 minutes rest between each one.
3. Row 4 x 500m intervals with 1 min rest between intervals

Over the course of a few weeks you'll be able to see your times come down and your fitness go up!

5. Running

I'll admit I'm not a huge fan of running due to the fact that running only develops one aspect of fitness and that people tend to slip into a comfort zone on running programs and their progress stalls.

However I will concede that running is convenient for a lot of office workers to do at lunch time, so here are a couple of ways to increase the effectiveness of your running workouts.

1. Fartlek training – This involves running at your regular pace and then at random intervals adding harder efforts. For example you may decide to sprint up a hill, sprint between light posts or do bursts of 20 fast hard strides at various points in the workout.
2. Hill Sprint – pick a 100-200m long hill with a moderate to steep gradient and run repeated sprints until your legs turn to jelly.
3. If you are an experienced runner consider doing some runs with a weight vest on to increase the difficulty. If you do take up this option I suggest sticking to grass to avoid excessive impact on the joints.

For more a personalised strength and conditioning plan to help you achieve your goals email fitness@octogen.com.au or call 0416 075 265

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